



# Challenge

/Noun/

Something that presents difficulty and requires effort to master or achieve.

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Darby overcame the fitness challenge with the help of her classmates.



# Active Listening

/Noun/

A mindful effort to hear, understand and acknowledge a person who is trying to communicate.

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Murphy shows that she is a good active listener by asking important questions and offering support to her friend .



# Contribute

/Verb/

To give something that helps  
achieve a goal or  
provide something of value.

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Sloan was able to contribute to their team's  
success by offering a solution to the group  
challenge.



# Control

/Verb/

To manage or regulate the movement or actions of something.

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Spencer was learning how to use mindful breathing to control his nervousness.



# Cooperation

/Noun/

The process of working together for a common goal or outcome.

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Jackie understood how important cooperation would be as the group began the Team Tabata Challenges.



# Effort

/Noun/

The amount of determination or exertion used to accomplish a goal.

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Dell gave their best effort during the team challenge because they enjoyed being physically active with friends.



# Emotional Fitness

/Noun/

An individual's ability to regulate behavior in order to be positive, focused, optimistic, and supportive.

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The class learned about the components of emotional fitness as they worked to develop a positive learning environment.



# Encourage

/Verb/

To offer support, confidence,  
or hope to someone else.

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Saunders used positive language and  
optimism to encourage the team.





# Enjoy

/Verb/

To take delight in an activity  
or an occasion.

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It was easy to enjoy participating with friends  
during the Tabata challenges.



# Equipment

/Noun/

The set of tools, accessories, and objects used in a sport or activity.

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The class showed respect for the physical education equipment by placing it back in the equipment stations after class.



# Fitness Walking

/Noun/

Vigorous walking that is purposefully done for health-related benefits.

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The class used fitness walking as a part of their warm-up routine.



# Health-Related Fitness

/Noun/

A group of 5 physical characteristics that contribute to a person's overall well-being. The 5 components of Health-Related Fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

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Living a physically active lifestyle helps you maintain good health-related fitness.



# Aerobic Capacity

/Noun/

The body's ability to take in, transport, and use oxygen during vigorous physical activity.

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Arrow enjoyed fitness running as a way to improve his aerobic capacity.



# Body Composition

/Noun/

Measurement of the percentage of fat, muscle, water, and bone found in the human body.

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Physical activity and nutrition both play a part in a person's body composition.



# Muscular Endurance

/Noun/

The ability of a muscle to continue to perform without fatigue.

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Joshua displayed impressive muscular endurance by doing 52 push-ups.



# Muscular Strength

/Noun/

The maximum amount of force a muscle can produce in a single effort.

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Allie worked to develop her muscular strength by using weighted kettlebells during her regular workouts.





# Flexibility

/Noun/

The ability to bend and move the joints through the full range of motion.

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Ellis began a yoga routine as a way to maintain good flexibility.



# Improve

/Verb/

To achieve a higher standard or quality; to make or become better.

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The team was able to improve their performance because they used positive and supportive language during class.



# Intensity

/Noun/

The amount of exertion used when performing an exercise or activity.

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In order to improve her health-related fitness, Coach Johnson exercised at a vigorous intensity 4 times per week.



# Mindful

/Adjective/

A state of awareness relating to one's immediate surroundings as well as the activity happening around them.

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Kimmie was mindful of the movement around her as she worked to travel from one spot to the other.



# Moderate Intensity

/Noun/

A rate of movement that can be sustained for long periods of time. It increases heart rate, but allows an individual to have a conversation without becoming out of breath.

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Walking is a good example of a physical activity of moderate intensity.



# Muscular Fitness

/Noun/

The combined status of muscular strength and muscular endurance.

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Enjoying a variety of physical activity options helps you develop your overall muscular fitness.



# Opportunity

/Noun/

A set of conditions that makes it possible to do something.

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Physical education is a perfect opportunity to get some health-enhancing physical activity.



# Overcome

/Verb/

To succeed in dealing  
with a problem or challenge.

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The team worked to overcome the final  
challenge and finish what they started.





# Pep Talk

/Noun/

A discussion that is meant to make someone feel more courageous or enthusiastic.

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The team needed a pep talk before they had the courage and energy to complete the final challenge.



# Personal Fitness

/Noun/

A continuum that moves from worse to better in terms of physical, mental, and emotional health. This continuum represents an individual journey and is unique for every person based on past, current, and future expectations and goals.

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Every student's personal fitness is an individual journey with unique goals, preferences, and challenges.



# Physical Activity

/Noun/

Any physical movement that  
uses the body's energy.

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Regular physical activity is an important  
part of developing personal fitness.



# Positive Language

/Noun/

A method of verbal communication that uses an optimistic tone and focuses on what is good or can be improved in a given situation, task, or environment.

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Ellison used positive language when talking with his teachers and classmates.



# Positive Learning Environment

/Noun/

An classroom community in which people respect, encourage, and support one another at all times.

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The students respected self, others, and equipment as a way of building a positive learning environment.



# Preparation

/Noun/

Purposeful action designed to make something ready for use or made ready for an event.

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The fitness walking warm up was in preparation for more vigorous physical activity.



# Regulate

/Verb/

To purposefully control the intensity or speed of something.

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Jennie used mindful breathing to regulate her heart rate after the vigorous physical activity.



# Repetition

/Noun/

A thing repeated,  
such as an exercise.

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The team performed 10 repetitions of  
each exercise on the chart.





# Respect

/Verb/

To appreciate someone or something as a result of their abilities, qualities, or achievements.

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Lyric understood that positive behavior was a way to show respect to his teachers and classmates.



# Rules

/Noun/

A set of understood laws or commands that keep a space or activity under control.

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There are 3 rules in physical education.  
Respect Self. Respect Others.  
Respect the things we use.



# Safe

/Adjective/

Protected against physical, social,  
and emotional harm.

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Physical education is a safe  
learning environment where every  
student feels respected.



# Self-Control

/Noun/

The ability to manage personal actions and the response to emotions.

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Even though Jordan was angry, they were able to demonstrate self-control in order to solve the problem with their classmates.



# Self-Respect

/Noun/

A feeling that one is behaving with honor, dignity, and honesty.

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Indigo demonstrated self-respect by working hard to be physically active and eat nutritious meals.



# Support

/Verb/

To give help, assistance, and encouragement to someone or something.

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Angel was there to support Ash when he was nervous about joining a new club at school.



# Support System

/Noun/

A community or network of people who provide a person with help, encouragement, or advice.

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Angel and Ash were important members of Coach DeLine's support system. They helped him regain his optimism with their positive attitudes.



# Team

/Noun/

Two or more people who work together to achieve a common goal.

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Our class worked as a team to clean up all of the equipment.





# Teamwork

/Noun/

The combined action and effort of a group of people working toward a goal or purpose.

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The group's teamwork was inspiring as we watched them complete all of the Tabata challenges.



# Vigorous Intensity

/Noun/

A rate of movement that can be sustained for short periods of time and increases respiration and heart rate, making it difficult to hold a conversation without losing one's breath.

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Tabata workouts can be performed at a vigorous intensity as a way of developing muscular fitness and aerobic capacity.